



UNDESTANDING SIMILARITIES ON WELLNESS DIMENSIONS AND THE "MAHAMANGALA SUTTA DESHANAWA"

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AUTHOR'S CONTRIBUTION

The sole author designed, analysed, interpreted and prepared the manuscript.

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ABSTRACT

This article highlights the similarities on wellness dimensions and the Mahamangala sutta deshanawa in Buddhism. The study has utilized the data from secondary resources such as text books, research articles, and relevant web sites. Gathered data were analyzed using the content analysis method. The factors included in the Maha Mangala Sutta preached by Lord Buddha 2600 years ago are similar to the contents of wellness components introduced by Prof. Bill Hettler in 1976. The MahaMangala Sutta comprises the manner in which how an individual should act and behave righteously in his child hood, young, middle and old ages. Similarly, Bill Hettler too has discussed in his wellness concept as to how one can lead a righteous and balanced life with the use of wellness dimensions.

Keywords: Mahamangala sutta deshanawa; wellness dimensions; wellness concepts.

1. INTRODUCTION

Wellness can be identified as the quality or state of being healthy in body and mind as a result of deliberate effort [1].

Wellness is defined by the Global Wellness Institute as the active pursuit of activities, choice of lifestyle that led to a state of holistic health. There are two significant aspects to this definition. First, wellness is not a passive or static state rather an "active pursuit" that is associated with intentions, choices and actions as we work toward an optimal state of health and incorporates many different dimensions that should work in harmony [2]. The researcher has been chosen the Hettler's six Dimension of wellness model for the study because he is the founder of, the wellness [3].

2. WELLNESS COMPONENTS

According to the Global Wellness Institute, wellness is a multidimensional concept, which is composed with at least six (6) dimensions, namely Physical wellness, social wellness, Spiritual wellness, Emotional wellness, Intellectual wellness and Occupational wellness (Bill Hettler 1976).

3. OCCUPATIONAL WELLNESS

In this dimension, one identifies a person's enrichment and personal satisfaction through work. Occupational wellness is centered around the idea of occupational development being connected to an individual's point of view of his/her own work. A person who works towards occupational wellness by utilizing his/her distinctive skills, talents and gifts in

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the work they do gains personal benefits as well. An individual's values are expressed by taking part in activities which brings grace to the individual himself. One's choice of profession, job satisfaction, career ambitions and personal performance are considered as significant contents in one's path terrain [4].

3.1 Below Mentioned are the Tenets of Occupational Wellness

Instead of choosing an unrewarding job, it is apt to select a career which goes in accordance with one's personal values, interests and beliefs.

Instead of remaining inactive and uninvolved, it is better to use structured involvement opportunities to develop functional and transferable skills.

4. PHYSICAL WELLNESS

This dimension focuses attention on the use of daily physical activity. In physical development, one promotes gaining knowledge about diet and nutrition while demoting the use of drugs, tobacco and alcohol. With the combination of good eating habits and physical exercise, one can gain optimal wellness. In the journey to gain optimal wellness, one uses his/her

time to build physical strength, flexibility and endurance while following a suitable medical system which would enable the individual to gain physical wellness successfully. The physical wellness allows people to acquire knowledge which allows them to take care of minor illnesses by themselves and also the knowledge to recognize moments where professional medical advice is required. In the journey of wellness, one gains the knowledge to check one's own vital signs given by one's own body. An understanding and appreciation towards the relationship between sound nutrition and the manner in which the body operates would be gained. One would be enhanced in psychological benefits like self-esteem, self-control, determination and a sense of direction with the physical benefits of good look gained through physical wellness.

4.1 Below Mentioned are the Tenets of Physical Wellness

Instead of food which impair with good health, it is apt to consume food which promote good health.

Instead of being out of shape, it is appropriate to be physically fit.



Fig. 1. The six dimensions of wellness model

Bill Hettler 1976

Below is a summary of the wellness components which was proposed by Bill Hettler 1976

5. SOCIAL WELLNESS

This dimension focuses its attention on the environment and community of an individual, emphasizing on the independence between nature and others. This wellness path enables an individual to gain awareness of his/her impact on multiple environments. This wellness dimension encourages people to actively take part in improving the world by promoting healthy living styles and starting improved communication with people around. People would gain the need to enhance personal relationships and friendships in order to build up a better community. They will also show needs to protect the beauty and balance of nature.

5.1 Below Mentioned are the Tenets of Social Wellness

Instead of focusing our attention on only ourselves, it is appropriate to work to enhance the common welfare of our community.

Maintaining peace and harmony with people around us is much better than forming conflicts with them.

6. INTELLECTUAL WELLNESS

The creative stimulating mental activities of an individual is recognized in this dimension. An intellectual person seeks to improve his knowledge while finding as to how his knowledge can be shared with others. An intellectual person cherishes his intellectual growth and stimulation which has been obtained from a combination of intellectual and cultural activities from in and out of classroom along with human and learning resources. In this wellness path, one comes across conditions such as creativity, learning and problem solving. One will allocate his time fulfilling one's personal interests and reading magazines, newspapers and books while being updated about the world at all times. With the increase of intellectual curiosity in a person, he/she will act in order to expand and challenge the mind with creative projects.

6.1 Below Mentioned are the Tenets of Intellectual Wellness

Instead of being self-satisfied and unproductive, one should challenge and expand one's mind towards more intellectual and creative pursuits.

Appropriate actions should be taken to solve potential problems instead of waiting and worrying.

7. SPIRITUAL WELLNESS

This dimension includes man's quest of searching the real meaning and purpose behind human existence. It elaborates as to how people develop deep appreciation for life and forces in the universe. The search can be customized according to one's personal feelings and the rough edges of life one has gone through. Along this path, feelings of both negativity and positivity could be experienced, which are considered as important experiences which adds meaning to one's existence. A person gains Spiritual wellness when his actions are congruous with his beliefs. This results in a "world-view." Every individual has a unique perspective to what they observe in the world. These perspectives together are defined as world-view. When everybody understands each other their world-view is better. Due to this, there is a decrease in world corruptions. This helps to create a better world.

7.1 Below Mentioned are the Tenets of Spiritual Wellness

One should always open up one's mind to the beliefs of the world rather than being held up by one's own beliefs.

One should lead one's life congruously according to one's values rather than feeling untrue to oneself by doing otherwise.

8. EMOTIONAL WELLNESS

This dimension includes the awareness and acceptance of the emotions of an individual. This dimension consists the level of positivity one feels with oneself and his life. This also includes capability of an individual to deal with his emotions and feelings such as development of autonomy, realistic assessment of limitations and ability to deal with stress. Relationships are maintained well by a well person. Awareness and acceptance of the numerous feelings in oneself and others is important in wellness. The wellness path enables individuals to express and handle feelings in an effective manner. Decisions could be easily made in accordance with all feelings, thoughts, philosophers and behavior. An individual gains the ability to be independent while also realizing the importance of asking and appreciating others' help which enables in forming interdependent relationships where mutual commitment, trust and respect act as a foundation. An individual will be able to take challenges and face risks. One would be able to manage life in a personally benefitting manner, where one accepts one's actions which makes life an exciting and hopeful journey.

8.1 Below Mentioned are the Tenets of Emotional Wellness

One should accept one’s feelings than denying them.

One should have a positive impression towards life than a negative one.

9. THE LORD BUDDHA’S TEACHING

Lord Buddha preached the Dhamma to his devotees with the intention of making their lives prosperous and peace. All the preaching of Lord Buddha are recorded in the book “*Threepitakaya*” [5]. (Threepitikaya is the guide book for the Buddhist people. Like the bible for Christians). This book is categorized into three main sections namely “*Vinaya Pitakaya*”(the section of discipline that should be followed by the Bhikkhus”, Bhikkhunis’ and lay lives), *Abhidamma Pitakaya*” (the section describes about the mind), and *Sutta Pitakaya*”(including the collections of stanzas preached by the lord buddha). The preaching of Lord Buddha guided human beings to live better lives in the present and in the afterlife. The sutras are an essential part of Buddhist practice [6]. They attach Buddhist with the pre-historic teachings and remind them of the core regulations of the masters which came decades ago [7].

The “*Vinaya Pitakaya*”

The “*Vinaya Pitakaya*” comprised with the rules which should be followed by bhikkhus and Bhikkhunis’ (monks) and the lay lives to lead a disciplined and well balance life [8].

The “*Abhidamma Pitakaya*”

Lord Buddha has analyzed about the minds owned by individuals in the “*Abhidamma Pitakaya*”. The manner in which the human mind works and how the mind can be controlled to lead a prosporous life and attain nibbana is analyzed in detail in the “*Abhidamma Pitakaya*” [9].

The “*Sutta Pitakaya*”

The “*Sutta Pitakaya*” contains all the suttas chanted by the lord Buddha. Each of the suttas chanted by Lord Buddha preach as to how one can overcome serious situations and lead life harmoniously [10]. As an example, the “*Metta Sutta*” explains how one should spread loving, kindness among human beings and nature [11]. The “*Ratana Sutta*” explains the value of the triple gem namely Buddha, Dhamma, and Sanga which enables people to overcome serious illnesses. The “*Parabhawa sutta*” Directed the factors

Table 1. Tenets arising from the wellness dimensions

Wellness dimension	Tenets
Occupational Wellness	Instead of choosing an unrewarding job, it is apt to select a career which goes in accordance with one’s personal values, interests and beliefs. Instead of remaining inactive and uninvolved, it is better to use structured involvement opportunities to develop functional and transferable skills.
Physical Wellness	Instead of food which impair with good health, it is apt to consume food which promote good health. Instead of being out of shape, it is appropriate to be physically fit.
Social Wellness	Instead of focusing our attention on only ourselves, it is appropriate to work to enhance the common welfare of our community. Maintaining peace and harmony with people around us is much better than forming conflicts with them.
Intellectual Wellness	Instead of being self-satisfied and unproductive, one should challenge and expand one’s mind towards more intellectual and creative pursuits. Appropriate actions should be taken to solve potential problems instead of waiting and worrying.
Spiritual Wellness	One should always open up one’s mind to the beliefs of the world rather than being held up by one’s own beliefs. One should lead one’s life congruously according to one’s values rather than feeling untrue to oneself by doing otherwise.
Emotional Wellness	One should accept one’s feelings than denying them. One should have a positive impression towards life than a negative one.

which prevents the success of individuals. Moreover the “*Maha Mangala Sutta*” explains the deeds which should be followed by individuals lead a noble and prosperous life. D. Mahinda, [8] making human actions noble and disciplined. The “*Maha Mangala Sutta*” acquires a prominent place in the “*Maha Piritha*”. Lord Buddha preached the “*Maha Mangala Sutta*” which is comprised Lord Buddha preached the “*Maha Piritha*” with the intention of with 12 suttas in “*Jethawanaramaya*”. The “*Maha Mangala sutta*” which was preached 2600 years ago [12].

Stanzas of the “*Maha Mangala Sutta*”

1. Not associating the bad people and associating and respecting wise is a noble factor which is included in the “*MahaMangala sutta*”.
2. To live in a peaceful environment, the factor of one having the merits of one’s past life and controlling of five sense is a noble factor which is included in the “*MahaMangala Sutta*”.
3. To be a person acquainted with a wide knowledge, being humble and being able to communicate pleasantly is a noble factor which is included in the “*MahaMangala Sutta*”.
4. Treating one’s parents and children is a noble factor which is included in the “*MahaMangala Sutta*”.

5. Conducting Dana and observing sill and looking after relatives is a noble factor which is included in the “*MahaMangala Sutta*”
6. Abstaining from bad and physical and mental actions and abstaining of consuming intoxicants is a noble factor which is included in the “*MahaMangala sutta*”.
7. Respecting people who should be respected, being humble and being happy with what one has is a noble factor which is included in the “*MahaMangala Sutta*”.
8. Patience, Obedience and attendance Dharma discussions is a noble factor which is included in the “*MahaMangala Sutta*”.
9. understanding four noble truths (*Dukkha Satya, Samudaya Satya, Nirodha Satya, Marga Satya*), understanding nibbana is a noble factor which is included in the “*MahaMangala Sutta*”
10. The ability to accept both happiness and sadness, loss and fortune, criticism and praise, with and accepting mind and to never give up is a noble factor which is included in the “*MahaMangala Sutta*” (DOBA 2017).

11. OBJECTIVE

The objective of this study is to recognize the similarities between the “*MahaMangala sutra, deshanawa*” and the wellness components.

Table 2. Analysis

Mangala Sutta	Wellness component
1) Not associating bad people, associating and respecting the wise is a noble factor which is included in the Mangala Sutta.	Social Wellness
2) To live in a peaceful environment, the factor of one having the merits of one’s past life and controlling of five sense is a noble factor included in the Mangala Sutta.	Social Wellness Environmental Wellness
3) To be a person acquainted with a wide knowledge, being humble and being able to communicate pleasantly is a noble factor included in the Mangala Sutta.	Intellectual Wellness
4) Treating one’s parents and children is a noble factor included in the Mangala Sutta.	Social Wellness Physical Wellness
5) Conducting dana, observing sill and looking after relatives is a noble factor included in the Mangala Sutta.	Social Wellness Spiritual Wellness
6) Abstaining from bad and physical and mental actions and abstaining of consuming intoxicants is a noble factor included in the Mangala Sutta.	Physical Wellness Intellectual Wellness Spiritual Wellness
7) Respecting people who should be respected, being humble and being happy with what one has is a noble factor included in the Mangala Sutta.	Social Wellness Occupational Wellness
8) Patience, obedience and attendance to Dharma discussions is a noble factor included in the Mangala Sutta.	Intellectual Wellness Spiritual Wellness
9) ..., understanding the four noble truths, understanding nibbana is a noble factor included in the Mangala Sutta.	Spiritual Wellness Intellectual Wellness
10) The ability to accept both happiness and sadness, loss and fortune, criticism and praise with an accepting mind and to never give up is a noble factor included in the Mangala Sutta.	Emotional Wellness Spiritual Wellness

12. RESEARCH METHODS

The research objective was accomplished with the help of secondary data. Data and information are collected through literature were identified and also concept was considered through literature review. Literature review helps gather information from relevant books, articles and websites [13]. This article focusses on achieving the research objective based on review on previous studies, our own experiencers. The qualitative, content analysis concept used to analyze data [14]. The collected data was presented as a narrative summary.

13. CONCLUSION

The factors included in the Maha Mangala Sutta preached by Lord Buddha 2600 years ago are similar to the contents of wellness components introduced by Prof. Bill Hettler in 1976. The Maha Mangala Sutta comprises the manner in which how an individual should act and behave righteously in his child hood, young, middle and old ages. Similarly, Bill Hettler too has discussed in his wellness concept as to how one can lead a righteous and balanced life with the use of wellness dimensions. The Maha Mangala Sutta preaches the social wellness in high content (frequently discussed), while intellectual wellness and Spiritual wellness are also discussed. People all over the world including both Buddhists and non-Buddhists can use this sutta to improve their lives for the betterment. As a result, the misgivings of today's society such as robbery, rape etc., can be minimized. Moreover, people will also be able to come out of mental stresses and lead a stress-free, well-balanced life.

COMPETING INTERESTS

Author has declared that no competing interests exist.

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